



Monday	Tuesday	Wednesday	Thursday	Friday
2 WG cheerios, apple & milk Mac and Cheese, steamed peas, watermelon & milk Cheeze-it crackers & kiwi	3 Bagel, orange & milk Sunbutter on WW, steamed green beans, strawberries & milk WG Oatbran muffin & apple	4 WG Kix Cereal, pear & milk Cheese hoagie w/ lettuce, tomato, banana & milk WG Goldfish crackers & 100% Apple Juice	5 Waffle, apple & milk Chicken soft taco, guacamole salad, pineapple tidbits & milk Sunbutter on WW	6 WG Cheerios, orange & milk Pepperoni pizza w/ romaine salad, fresh fruit salad & milk Graham crackers & milk
9 Rice Krispies, apple & milk Sliced turkey w/ cheese on WW, three-bean salad, blueberries & milk Pretzels & pear	10 Bagel & cream cheese, orange & milk Chicken spiedies sliders, potato salad, watermelon & milk WG Triscuits & cheese	11 WG Oatbran muffin, apple & milk Mac & cheese, steamed peas & carrots, strawberries & milk Yogurt & bananas	12 WG Life cereal, kiwi & milk Chef salad w/ ham, turkey & cheese, club crackers, kiwi & milk Corn muffin & orange	13 Cornflakes, apple & milk Chicken salad wrap, sliced cucumbers, fruit salad & milk WG cereal snack mix & pear
16 WG Kix cereal, orange & milk Tuna salad on WW, Caesar salad, sliced peaches & milk Rice cake & watermelon	17 Corn muffin, apple & milk Minestrone soup w/ crackers, kiwi & milk WG cereal snack mix & pear	18 Cornflakes, banana & milk Sliced ham & cheese on WW, strawberries, peeled baby carrots & milk WG rice cakes & Sunbutter	19 WG Cheerios, orange & milk Meatball sandwich, green salad, banana & milk Sliced cucumbers & cheese	20 WG Chex cereal, pear & milk Cheese pizza, steamed broccoli & cauliflower, fruit salad & milk Soft pretzel bites & apple
23 WG Life cereal, apple & milk BBQ chicken w/ cornbread, potato salad, watermelon & milk Ritz crackers & cheese	24 Rice Krispies, orange & milk Sunbutter on WW, steamed green beans, apple sauce & milk WG Goldfish & pear	25 WG Cheerios, banana & milk Pulled pork in tomatillo sauce, Mexican rice, sliced peaches & milk Ritz crackers & sunbutter	26 Waffles w/ blueberry sauce & milk Yogurt w/ strawberries, peeled baby carrots, WG wheat thins & milk Turkey & cheese roll ups & apple	27 WG Life cereal, orange & milk Hummus on pita w/ cucumbers & tomato salad, kiwi & milk Graham crackers & milk
30 WG Kix cereal, pear & milk Beef soft taco w/ corn & black beans, pineapple tidbits & milk Fresh veggies w/ hummus				

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs on the basis of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status.

Water is served for Afternoon Snack where no other beverage is listed. Milk is served with morning snack and lunch

All fresh fruit is served unless otherwise stated

All IC3 Morning Snack include a Whole Grain (WG) component with less than .212g of sugar for dry cereals